



71 Years Together

by Keith Carlin

From First Grade to now is much more than 71 years, but the attraction started young and is still strong today. Sue and Lew Turner have lived in Umapine for most of their years together.



The pictures above span 70 years and show the world that happiness can continue growing as the years flow by. Back in the first grade in Oklahoma, Sue thought Lew was pretty good looking, but it wasn't until they met again in California years later that the two of them were able to consider themselves a couple.

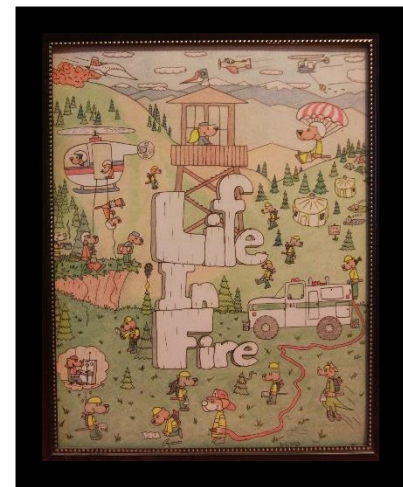
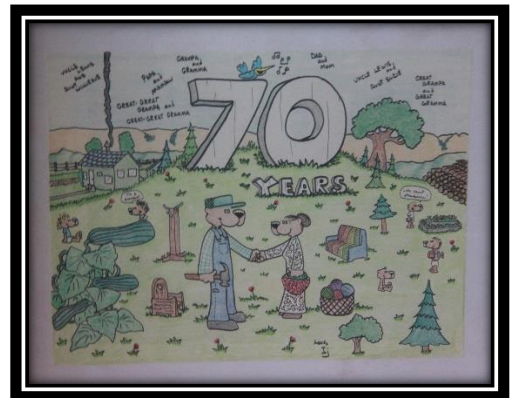
Married September 16, 1946, their adventures together over the years reveal their courage and strength to overcome hardships and challenges, especially Sue's fortitude and assertiveness to establish their own home during the early years when living with family was so traditional.

When they moved to Umapine in 1948, they both worked in the canneries in Freewater. Later Lew worked for the Williams ranch for many years.

Their family grew to include Jimmye Lewis and Marilyn Lee. Jimmye is a fire fighter, plays guitar and lives nearby. Marilyn Lee Peterson lives in Pendleton.

Lew finds it rewarding to build useful articles from wood and has made and given away chairs for children, footstools, napkin holders, and spice racks. Sue enjoys creative artistry with beads and crocheting and collects a large variety of thimbles.

Jimmye has created art work to decorate their walls.



COMMUNITY BREAKFAST FOR ALL



*Join Us For A
Pancake Breakfast!*



Umapine Friendship Center

**The Umapine S.D.A. Church
Men's Group Invites Your Family
To Join Us For Breakfast**

Pancakes

Eggs

Hash Browns

Meat Options

Vegetarian Options

February 24, 2018 8:15 AM – 10:15 AM



Umapine SDA Church Sponsored

For more information:

509-529-8251 | drdavis@pocketinet.com

<http://www.umapineadventist.org>

Too Much Salt?

by Pam Baumgartner

Most folks have heard that too much salt increases their risk of heart failure and stroke, but did you know it also raises your risk of kidney disease, osteoporosis, and stomach cancer? It even affects your ability to think!

The amount of sodium you eat determines how much fluid stays in your body. Too much sodium causes swelling and raises your blood pressure. With time it makes your arteries less elastic and more prone to building up the plaque that dangerously narrows them. It complicates good long-term kidney function.

In spite of hearing about this, 90% of Americans eat way too much sodium. That is because of our love of salt which is made up mostly of sodium. Our tongues control far too much of our lives. We find our tongue says things we later wish it hadn't. It also gets us to eat things we shouldn't.

If we will experiment with new flavors, we can find other ways to satisfy our tongues with flavorful herbs. With a few days of a healthier diet including many more vegetables, both cooked and raw, most people find they are happy without the excess sodium they have been accustomed to.

Rinsing off canned vegetables before heating them lowers their sodium content. There are salts available that don't contain as much sodium as our usual table salt. You can find less salty snack foods to replace your usual choices. Look at it as an adventure in new experiences rather than as a sacrifice. Keep in mind the better health and longer life you can live, the extra time to love your family and accomplish dreams on your bucket list.

Choosing a longer and healthier life is an expression of healthy self-respect and self-worth. Do you love yourself and your family enough to make good choices?

Love One Another

by Pastor Roger Johnson

I was drawn to the dollar store during this valentine season to check on the variety of expressions saying, "I love you." If the cards were to get to Ohio in time for Valentine's Day, they needed to be mailed soon. One card was for my daughter and son-in-law, and another for my five year old grandson. Then there was my mother-in-law living in the Salem area who has just received a hip reconstruction. She needed to be told "I love you" too.

This month represents a time to check out our heart status—physically, emotionally, and spiritually. The research is telling us that these areas are connected. Each dimension of our lives needs balance. Depression is focusing too much on the past. Stress is too much focus on the present, and anxiety is too much concern about the future. No wonder Jesus recommends the Holy Spirit to do his good work for our heart.

Jesus says, "A new commandment I give unto you, that ye love one another as I have loved you." John 13:34. This chapter reveals that the disciples were not in harmony with each other, and needed to experience that love for themselves. Just before Judas left to betray Jesus to the authorities, Jesus washed his feet with loving compassion. During heart month, when we see the cross, we can be reminded of this commandment. Jesus' love provides us with the ability to choose to love as He did, even when that choice may demand a sacrifice on our part.

Community Breakfast

The Men's Group of the Umapine SDA Church is cooking breakfast at the Friendship Center the last Saturday of each month for the Umapine community. The menu varies, so come and discover what each time offers. Visit with old friends and meet new ones. See page 2 for February's menu. No charge, just bring a smile to share with others.

Community Input

Your input to this community newsletter is really desired by the team that publishes it. If you have news to share, or would like to see an article about someone or something in the neighborhood, please contact our leader Brigitte Davis at 509-730-9090 or email brigittemd12@gmail.com.

School Schedule

Feb 26 – School Board Construction Workshop
Feb 27 – Mac Hi Boys & Girls Basketball Awards
Feb 20 – President's Day – no school
Feb 28 – Mac-Hi Hosted Choir/Band Festival
Mar 5-6 – Parent/Teacher Conferences
Mar 11 – Daylight Saving Time begins
Mar 12 – School Board meeting
Mar 27-30 – Spring Break
Apr 6, 9 – No School
Apr 9 – School Board meeting